



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES  
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE  
CHILD AND ADULT CARE FOOD PROGRAM  
**MENU – USDA REQUIREMENTS**

NAME OF CENTER/FACILITY Advanced Eat Smart Center #11

WEEK OF Week 1

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>				Burrito	Berry Cream of Wheat
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 4x fresh F/V</b>	Sliced Apples- fresh	Oranges- fresh	Bananas- fresh	Tomato Slices- fresh	Mixed Berries- frozen, unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Bagel (WG)	Whole Wheat Toast (WG)	Cheerios cereal (WG)	Whole Wheat Tortilla (WG)	Cream of Wheat
Other Foods <b>3x Meat/Meat Alternate</b>	Yogurt; Cream Cheese	Scrambled Eggs, Ham		Brown Rice with Ground Turkey	
<b>LUNCH</b>	Turkey and Cheese Sandwich	Chicken and Cheese Quesadilla	Taco Soup	Baked Ham	Sloppy Joes (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Potato Salad- fresh	Baked Beans- canned	Refried Beans- canned	Broccoli and Cauliflower- frozen	Carrots, Celery- fresh
	Watermelon Slice- fresh	Mixed Fruit- canned, unsweetened	Pears- canned, unsweetened	Grapes- fresh	Pineapple Slice- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Cornbread	Whole Wheat Dinner Roll (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Low-Fat Turkey and Cheese	Chicken, Cheese	Ground Beef	Ham	Ground Turkey
Other Foods	Pickles, Tomato Slices, Fresh Spinach	Salsa	Corn, Black Beans, Diced Tomatoes, Onions, Cheese	Cheese Sauce	Sloppy Joe Sauce
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>		Banana Graham Sandwich		Ants on a Log	Trail Mix (HM)
Fluid Milk					
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Banana Slices- fresh	Peaches- canned, unsweetened	Celery- fresh; Raisins- dried	100% Frozen Fruit Juice Pop (CN)
Grains/Bread Component <b>2x Whole Grain</b>	Whole Wheat Goldfish Crackers (WG)	Graham Crackers			WG Wheat Chex cereal, WG Corn Chex cereal (WG)
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cheese Stick		Cottage Cheese	Soy Nut Butter	
Other Foods <b>1x sweet</b>					Chocolate Chips (sweet) Dried Cranberries & Bananas

MO 580-1463 (6-04)

\*Sweet Snack includes sweet items and grain-based snack chips/croissants

\*\*WG = whole grain

\*\*\*HM = home made

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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>			Toasted Ham and Cheese Muffin Sandwich	Vanilla Oatmeal	Jazzed Up Fruit Pizza
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 3x fresh F/V</b>	Banana- fresh	Cantaloupe- fresh	Apricots- canned, unsweetened	Pears- canned, unsweetened	Kiwi, Banana, Strawberries, Mandarin Oranges- fresh
Grains/Bread Component <b>4x Whole Grain, 1x sweet</b>	Whole Grain Bran Flakes cereal (WG)	Pumpkin Spice Muffin (sweet)	Whole Wheat English Muffin (WG)	Oatmeal (WG)	Whole Wheat Flat Bagel (WG)
Other Foods <b>3x Meat/Meat Alternate</b>		Yogurt	Ham, Cheese	Vanilla Flavoring	Soy Nut Butter
<b>LUNCH</b>	Grilled Chicken Sandwich	Vegetable Soup (HM) with a Grilled Cheese Sandwich	Rotini Pasta with Meat Sauce	Baked Breaded Fish (CN)	Chicken Salad (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>4x fresh</b>	Cole Slaw- fresh	Mixed Vegetables- frozen	Green Beans- canned	Peas- canned	Potato Salad- fresh
	Fruit Salad- canned, unsweetened	Orange Slices- fresh	Pineapple Slice- canned, unsweetened	Apricots- canned, unsweetened	Watermelon Slice- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Rotini (WG)	Mac-n-Cheese	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>1x highly processed</b>	Chicken Breast	Cheese	Ground Beef	Baked Breaded Fish (CN)	Chicken
Other Foods	Romaine Lettuce, Tomatoes, Dill Pickle Slices		Tomato Sauce		Celery, Grapes, Cranberries, Mayonnaise
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Fruit Smoothies	Bird Seed (HM)
Fluid Milk				1% Milk (in smoothie)	
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Red Grapes- fresh		Apple Slices- fresh	Bananas, Strawberries, Orange Juice (in smoothie)	100% Frozen Fruit Juice Pops (CN)
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>		Whole Wheat Crackers (WG)		Animal Crackers	Cheerios cereal (WG), Pretzels
Meat or Meat Alternate <b>3x Meat/Meat Alternate</b>	Cheddar Cheese Cubes	Tuna Salad (HM)	Soy Nut Butter	Yogurt (in smoothie)	
Other Foods					Dried Cranberries, Raisins

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Sunshine Burrito (HM)	Yogurt Parfait	Cinnamon Apple Cream of Wheat	Soy Nut Muffin
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Honeydew- fresh	Applesauce- unsweetened	Mixed Berries- frozen, unsweetened	Baked Apples- fresh	Pears- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Wheat Bagel (WG)	Whole Wheat Tortilla (WG)	Shredded Wheat cereal (WG)	Cream of Wheat	Whole Wheat English Muffin (WG)
Other Foods <b>3x Meat/Meat Alternate</b>	Cream Cheese	Eggs, Cheese, Ham, Diced Tomatoes	Vanilla Yogurt	Cinnamon	Soy Nut Butter
<b>LUNCH</b>	Penne Pasta Casserole	White Chili (HM)	Mexican Pizza (HM)	Beef Roast	Corn Beef Sandwiches
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Green Beans- canned	Broccoli Spears- fresh	Refried Beans- canned	Mashed Sweet Potatoes- fresh	Brussel Sprouts- frozen
<b>5x fresh</b>	Pineapple Slices- canned, unsweetened	Watermelon Slice- fresh	Pears- canned, unsweetened	Strawberries- fresh	Orange Slices- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Penne (WG)	Cornbread Muffin	Whole Wheat Hamburger Bun (WG)	Whole Wheat Dinner Roll (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Ground Beef, Mozzarella Cheese	Chicken, White Beans	Ground Beef, Shredded Cheese	Beef Roast	Low-Fat Corn Beef
Other Foods	Tomato Sauce	Green Chiles, Shredded Mozzarella	Iceberg Lettuce, Tomatoes, Salsa, Sour Cream	Brown Gravy	Mayonnaise, Mustard
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>					Ham and Cheese Stackers
Fluid Milk				Skim Chocolate Milk	
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>	Apple Slices- fresh	Green, Red, Yellow Pepper and Cucumber Slices- fresh		Banana- fresh	
Grains/Bread Component <b>2x Whole Grain, 0x sweet</b>			Whole Wheat Crackers (WG)		Whole Wheat Crackers (WG)
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>	Yogurt	Hummus	Egg Salad (HM)		Ham Chunks, Cheese Slice
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Breakfast Pizza	Scrambled Omelet	Strawberry Pancakes	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 3x fresh F/V</b>	Bananas- fresh	Cantaloupe- fresh	Applesauce- unsweetened	Strawberries- frozen, unsweetened	Honeydew- fresh
Grains/Bread Component <b>4x Whole Grain, 0x sweet</b>	Whole Oat Square cereal (WG)	Whole Wheat English Muffins (WG)	Whole Wheat Toast (WG)	Pancakes	Whole Grain Bran Flakes cereal (WG)
Other Foods <b>3x Meat/Meat Alternate</b>		Cheese	Eggs, Cheese, Mushrooms, Spinach, Tomatoes, Salsa	<b>**no syrup**</b>	Vanilla Yogurt
<b>LUNCH</b>	Chicken Fettuccini Alfredo	Beef Tacos	Pork Stir Fry	Baked Ham with Macaroni and Tomatoes	Mini Cheese Pizza (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables <b>3x fresh</b>	Asparagus- canned	Corn- canned	Squash, Cabbage, Carrots- fresh; Oriental Veg- frozen	Spinach Salad- fresh	Corn- canned
	Peaches- canned, unsweetened	Pears- canned, unsweetened	Pineapple Slices- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Watermelon Slice- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Whole Wheat Fettuccini (WG)	Corn Shells	Brown Rice (WG)	Whole Wheat Elbows (WG)	Whole Wheat Hamburger Bun (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Chicken	Ground Beef, Shredded Cheese	Pork	Ham	Cheese
Other Foods	Alfredo Sauce	Romaine Lettuce, Diced Tomatoes, Salsa	Fortune Cookie	Diced Tomatoes, Garlic Sauce	
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>	Frozen Yogurt Pops (HM)	Ants on a Log		Bean Dip (HM)	Trail Mix (HM)
Fluid Milk					
Juice, Fruit, or Vegetable <b>3x whole fruits/vegetable</b>		Celery- fresh; Raisins- dried	Red Grapes- fresh		Apple Slices- fresh
Grains/Bread Component <b>2x Whole Grain</b>	Graham Crackers			Whole Wheat Bagel Flat Bread (WG)	WG Wheat Chex cereal, WG Rice Chex cereal (WG)
Meat or Meat Alternate <b>4x Meat/Meat Alternate</b>	Yogurt	Soy Nut Butter	Cheddar Cheese Cubes	Refried Beans, Cheese	
Other Foods <b>1x sweet</b>				Salsa	Chocolate Chips (sweet) Dried Cranberries & Bananas

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	DATE	DATE	DATE	DATE	DATE
<b>BREAKFAST</b>		Soy Nut Muffin		Ground Turkey and Rice	Biscuit and Gravy
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable <b>5x whole, 2x fresh F/V</b>	Honeydew- fresh	Strawberries- frozen, unsweetened	Applesauce- unsweetened	Tomato Slices- fresh	Mandarin Oranges- canned, unsweetened
Grains/Bread Component <b>4x Whole Grain</b>	Cheerios cereal (WG)	Whole Wheat English Muffin (WG)	Oatmeal (WG)	Brown Rice (WG)	Biscuit
Other Foods <b>3x Meat/MA, 1x sweet</b>		Soy Nut Butter	Syrup (sweet)	Ground Turkey	Ham, White Gravy
<b>LUNCH</b>	Baked Chicken Breast	Mozzarella Grilled Cheese Strips	Bean and Cheese Burrito (HM)	Open-Faced Roast Beef Sandwich	Chicken Caesar Wrap
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables  <b>5x fresh</b>	Broccoli Spears- fresh	Peas- canned	Carrot and Celery Sticks- fresh	Mashed Sweet Potatoes- fresh	Pork 'n Beans- canned
	Apricots- canned, unsweetened	Pears- canned, unsweetened	Watermelon- fresh	Corn- canned	Apple Slices- fresh
Grains/Bread Component <b>4x Whole Grain</b>	Cheesy Brown Rice (WG)	Whole Wheat Bread (WG)	Whole Wheat Tortilla (WG)	Texas Garlic Toast	Whole Wheat Tortilla (WG)
Meat or Meat Alternate <b>0x highly processed</b>	Chicken Breast	Mozzarella Cheese	Beans, Cheese	Beef Roast	Chicken
Other Foods	Fat Free Ranch Dressing	Marinara Dipping Sauce	Catalina Dressing	Brown Gravy	Romaine, Caesar Dressing, Parmesan Cheese
<b>SUPPLEMENT</b> <i>Serve 2 of 4 choices.</i>				Fruit Smoothies	
Fluid Milk				1% Milk (in smoothie)	
Juice, Fruit, or Vegetable <b>4x whole fruits/vegetable</b>	Cherry Tomatoes- fresh	Salsa- canned	Green Grapes- fresh	Bananas, Strawberries, Orange Juice (in smoothie)	100% Frozen Fruit Juice Pop (CN)
Grains/Bread Component <b>2x Whole Grain, 1x sweet</b>		Whole Grain Tortilla Chips (WG) (sweet)		Animal Crackers	Cheerios cereal (WG); Pretzels
Meat or Meat Alternate <b>2x Meat/Meat Alternate</b>	Cottage Cheese		Cheddar Cheese Cubes	Yogurt (in smoothie)	
Other Foods					